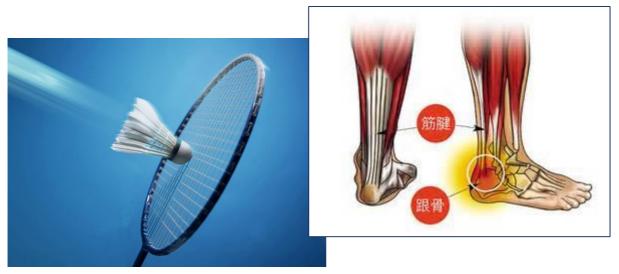
馮偉業物理治療師事務所

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常見羽毛球傷患

Be a Non-injured Badminton Player



羽毛球是香港最受歡迎的運動之一。羽毛球是個別和非接觸性運動,但需要於不同姿勢進行跳躍、撲球、快速改變方向和手臂動作。由於羽毛球運動的獨特體力要求,可能會經常發生四肢受傷。羽毛球運動員中最常見的損傷包括:網球肘、 跟腱損傷和踝關節扭傷等。預防傷患對持續進行羽毛球運動是非常關鍵。因此,這是難得的機會瞭解羽毛球常見的受傷原因、治療和預防方法。

Badminton is one of the most popular sports in Hong Kong. Badminton is an individual, non-contact sport requiring jumps, lunges, quick changes in direction and rapid arm movements from a wide variety of postural positions. The physical demands of badminton suggest that injuries to the limbs may be a frequent occurrence. The most common injuries in badminton players are Tennis Elbow, Achilles Tendon Injury and Ankle Sprain, etc. It is very critical to prevent those injuries when playing badminton. Therefore, it is a rare chance to understand the injury mechanism and prevent those injuries in our seminar. (Talk in Cantonese)

日期: 2014年8月28日(星期四)

時間: 晚上七時至八時半

地點: 香港中環德輔道中二十號德成大廈 508 室

講者: 潘啟光物理治療師

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